



**SEATTLE PARKS
AND RECREATION**

FALL 2006



Table Of Contents

Family & Special Events	3
Sports	4
Self-Defense	4
School Age Care	5
Toddler/Preschool	5
Fitness & Health	6
Teen Program	6
Alki Bathhouse	
Art Program	7 – 14
Senior Adult Programs	15 – 17
Other Centers	18 – 19
Southwest Pool	20 – 21
Mail In Registration	23
Rental Information	24

ALKI

COMMUNITY CENTER



Alki Community Center

5817 SW Stevens St
Seattle, WA 98116
206-684-7430
Fax: 206-938-9549

Alki Bathhouse

2701 Alki Ave SW

Visit Us on the Web

www.seattle.gov/parks



REGISTER ONLINE · it's easy!

www.seattle.gov/parks



SPARC

Alki Community Center

Alki Community Center

5817 S.W. Stevens

Seattle, WA 98116

Phone: 206-684-7430 Fax 206-938-9549

Visit us online at www.seattle.gov/parks

City of Seattle Hours of Operation

Monday, Tuesday & Thursday 1 to 9 p.m.

Wednesday, & Friday 10 a.m. to 9 p.m.

Alki Advisory Council Hours of Operation

Monday, Tuesday & Thursday 10 a.m. to 1 p.m.

Holiday closures

Friday November 10, Friday November 24,

Saturday November 25

Program registration

Registration begins August 14

Program dates

September 4 to December 31

Mission

Seattle Parks and Recreation will work with all citizens to be good stewards of our environment, and to provide safe and welcoming opportunities to play, learn, contemplate, and build community.

You Can Make a Difference!

Alki Advisory Council is a group of citizens dedicated to the enrichment of our community. Its support enables us to offer a variety of programs and services for people of all ages, abilities and backgrounds.

Our Advisory Council is always looking for new members. Meetings are held at 7 p.m. on the fourth Tuesday of every month to talk about programs, policies, and financial issues. Citizen direction and participation are vital to our continued success. If you'd like to get involved, please contact our staff at 206-684-7430.

Most activities are funded through the Advisory Council rather than through Seattle Parks and Recreation. Revenues generated through program fees offset program costs to make Advisory Council activities self-sustaining. We rely heavily on program participation, donations, and contributions to buy, repair, maintain, and upgrade program equipment and supplies.

Alki Advisory Council

Wayne Johnson, President

Alison Powers, Secretary

Council Members

Sharon Ackerlund

Liesa Rose

Jennifer Van Ornum

Mary Vigilante

Will Winter



Professional Staff

John Hermann, *Recreation Center Coordinator*

Ken Davis, *Asst. Recreation Center Coordinator*

Stephan Joeres, *Recreation Attendant*

Loretta Lyonaise, *Custodian*

Amanda Mason, *Building Monitor*

Sarah Browning, *Bathhouse Art Specialist*

Talese Heckler, *Bathhouse Art Specialist*

Payment

You can pay for classes and other activities by mail, in person during regular facility hours, or by telephone with a credit card. We accept Visa, MasterCard and American Express. Please make checks and money orders out to City of Seattle. PLEASE NOTE: Payment is due when you register, unless we have indicated otherwise. If your check is returned for insufficient funds, your registration will be cancelled until you pay the amount due, plus a \$20 fee. (Credit card or cash only.) Online registration is available for some activities.

Refunds

It is the policy of Seattle Parks and Recreation and the Associated Recreation Council that:

- Anyone who registers for a class, camp, special event or program that is cancelled for any reason by Parks and Recreation or the Advisory Council will receive a full refund.
- Anyone who registers for a day camp, trip, overnight camp, special event, or facility rental, and who requests a refund 14 days or more before its start (or before the second session of a class), may receive a refund minus a service charge.
- Anyone who registers for a day camp, trip, overnight camp, special event, or facility rental, and who withdraws from the activity fewer than 14 days before its start (or after the second session of a class), will receive no refund.
- Please read the entire policy, #7.16, for specific information.

Scholarships

Our Advisory Council wants to ensure that our activities, classes and sports are available to everyone, regardless of their ability to pay. The Council may choose to offer scholarships for qualified applicants. To apply for a scholarship, please talk to a member of our staff.

E-Brochures are available!

In keeping with our environmental stewardship policies, we're trying to reduce the amount of paper we use. We invite you to visit our web site at www.seattle.gov/parks. You can find this brochure information online.

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Special Events

Children's Puppet Theater Series

Once a month the areas best puppet entertainers will be coming to Alki Bathhouse. Place these dates on your calendar as you will not want to miss these outstanding performances. The cost of admission is \$6 for parent and child, and \$9 for the whole family.

Snapdragon Puppet Productions presents "Paul Bunyan"

Saturday, September 16 1 p.m.

Puppet Please Marionettes

Saturday, October 21 1 p.m.

Snapdragon Puppet Productions presents "The Mousecracker"

Saturday, December 16 1 p.m.



Alki Christmas Ship

Come on down to Alki Beach and have some hot cider and cookies in Alki Bathhouse! Join a local musical group around the bathhouse, listen to songs coming from the ship, or sing songs around the bonfire on the beach.

Call Alki Community Center at 206.684.7430 for more information.

Friday Night Children's Birthday Parties \$85 + \$2 per skater

Bring your birthday party to the center. Rent the small multipurpose room from 6:30 to 8:30 p.m. Have traditional birthday party fun, and then skate your heart out in the popular Alki Friday Night Skating program. Party reservations must be made two weeks in advance.

Fridays 6:30 – 8:30 p.m. 10/6 – 12/15

Parents' Night Out \$10

Parents it's your turn to take time out for yourselves. Bring your child to the center for an evening of fun while you enjoy a movie in the Admiral neighborhood or fine food along Alki Beach. Please register no later than the Wednesday before the date. A minimum of 4 children are needed for each date.

Age: 5 to 10

#10316	Fri, Sep 22	6:30 – 9 p.m.
#10317	Fri, Oct 20	6:30 – 9 p.m.
#10318	Fri, Nov 17	6:30 – 9 p.m.
#10320	Fri, Dec 15	6:30 – 9 p.m.

Friday Night Family Skating \$2

An event for all ages and all abilities! This is a great time to practice your skills and tricks while experiencing a roller-rink atmosphere. You can always look forward to the limbo, friendly racing, and the snack bar. If you don't have your own skates, you can borrow a pair of ours! Outdoor skates will not be allowed.

Age: All Ages

Fridays 6:45 – 8:45 p.m. 10/6 – 12/15

Halloween Carnival 25¢/ticket

Fun for the whole family! Rain or shine, we offer a safe alternative to trick or treating. Wear your costume, meet your neighbors, let your kids loose in the gym and have fun.

Age: All

Friday, October 27 6:30 – 8:30 p.m.



Sports

Lil Dribblers Instructional Basketball

\$45

A 9 week long instructional program for children six and seven (age as of 8/31/06) where emphasis is placed on dribbling, passing, and shooting skills and having fun. Participants will be assigned to 3 squads of 10 each who will work with volunteer coaches. All sessions will be held on Saturday from 2:30 to 4:30 p.m. beginning November 4. The program will conclude on January 6. If you are interested in helping please call the center at 684-7430.

#10296 Saturdays 2:30 – 4:30 p.m. 11/4 – 1/6

Location: Gym

CUB Basketball – Alki/Hiawatha 8/9 House League

\$55

Teams for eight and nine year old boys and teams for eight and nine year old girls (age as of 8/31/06) are forming for play in the Alki/Hiawatha league. Teams practice once a week and then play games Friday nights. Registration begins October 1. Practices begin in November. Games begin in January. Coaches are needed. If you are interested call the center at 684 7430

CUB Basketball Registration Info

Note: you must register at the community center for this program.

Age Group	Barcode	
	Boys	Girls
8	#11103	#11102
9	#11105	#11104

Adult Drop-in Sports

\$2

The City of Seattle charges an Adult Sport Drop-in fee during all operating hours. The fee is \$2 per session for adults (ages 18 to 64) and \$1 per session for seniors (ages 65+). This fee applies when space is advertised and reserved for scheduled adult sports drop-in programming.

Ages: 18+

Location: Center Gym

Mondays	6 – 9 p.m.	Basketball
Wednesdays	6 – 9 p.m.	Basketball
Thursdays	6 – 9 p.m.	Floor Hockey
Saturdays	2 – 5 p.m.	Basketball

Youth Drop In Basketball

Free

Age 11 to 18

Monday, Tuesday, & Thursday 3:15 – 5 p.m.

Saturdays 10 a.m. – 2 p.m.

Location: Center Gym

Basketball – Citywide 10/17 Leagues

\$55

Teams are being formed for play in the citywide basketball program. This program focuses on positive experiences during practices and games, as well as learning the fundamentals.

Teams will be formed for boys and for girls. The age groups are 10,11,12,13,14–15, and 16–17 (age as of Aug. 31, 2006). Registration begins October 1. Coaches are needed. Practices begin in November. Games begin in January. If you are interested in helping call the center at 684-7430. **Note: you must register at the community center for this program.**

Citywide Basketball Registration Info

Age Group	Barcode	
	Boys	Girls
10	#10379	#11093
11	#11088	#11094
12	#11089	#11095
13	# 11090	# 11096
14 – 15	# 11091	
16 – 17	# 11092	
14 – 17		# 11097

Fall Flag Football

\$45

Boys and girls are invited to take part in the citywide league. Teams will compete against other community centers. Players will learn offensive and defensive skills that will enhance their natural abilities. This is a limited contact sport where the focus is on sportsmanship. Practices begin in September. Games will be played on Saturdays in October and November. Register Now. If you are interested in coaching please call the center at 206-684-7430.

Ages 8 – 17; age as of 8/31/06

Mon/Thu

9/2 – 12/7

Ages 8 – 9	#7385
Ages 10 – 11	#7386
Ages 12 – 13	#7387
Ages 14 – 17	#7388



Fall Volleyball

Hiawatha Community Center is organizing teams for play in the fall girls volleyball league. Call 206-684-7441 for information.

Toddlers/Preschool

Play Club Preschool

Play Club focuses on fun and exciting ways for children to interact with other children. Activities will include music, art, crafts, games, creative play, story time, and an introduction to the phonetic ABCs. This is an excellent place to prepare you child for kindergarten.

Age: 3 to 5

Director: Melinda Kmitta

Location: Center Kid Care Room

3 days/wk \$195/mth

#9224 9/11 – 9/29 MWF 9:30 a.m. – 1 p.m.

#9410 10/2 – 10/30 MWF 9:30 a.m. – 1 p.m.

#9411 11/1 – 11/29 MWF 9:30 a.m. – 1 p.m.

#9413 12/1 – 12/15 MWF 9:30 a.m. – 1 p.m.

2 days/wk \$130/mth

#9225 9/12 – 9/28 TTh 9:30 a.m. – 1 p.m.

#9409 10/3 – 10/31 TTh 9:30 a.m. – 1 p.m.

#9412 11/2 – 11/30 TTh 9:30 a.m. – 1 p.m.

#9414 2/5 – 12/14 TTh 9:30 a.m. – 1 p.m.



Parent/Child Hangtime \$2/visit

Join parents and children for a drop-in program where you can make new friends, get out of the rain, and have some fun with your child.

Ages: 2 to 5

Location: Center Multipurpose Room

Tue/Thu Noon – 3 p.m. 10/2 – 12/21

School-Age Care



School Break Camps

These fun camps for kids grades K – 5 will feature arts and crafts, sports, games, field trips, swimming and more.

Age: Grades K – 5

Director: Jill Patterson

In Service Day \$29

#10284 Fri, Oct 13 7 a.m. – 6 p.m.

Winter Break Week 1 \$145

#10375 Mon, Dec 18 – Fri, Dec 22 7 a.m. – 6 p.m.

Winter Break Week 2 \$116

#10376 Tue, Dec 26 – Fri, Dec 29 7 a.m. – 6 p.m.

Before and After School Program

The Before and After School Program offers social, physical and intellectual activities that are fun for children. Alki's staff offers quality supervision while smoothly blending in culture, crafts, homework time, athletics and field trips. For scholarship information, call 206-684-7186.

Age: K to 5th grade

Director: Jill Patterson

Before School Program \$160/mth

Mon – Fri 7 – 9 a.m.

After School Program \$245/mth

Mon – Fri 3 – 6 p.m.

Dates	Before School	After School
9/6 – 9/29	#9222	#9223
10/2 – 10/31	#9689	#9692
11/1 – 11/30	#9690	#9693
12/1 – 12/15	#9691	#9694

Fitness/Health/Learning



Yoga

\$190

Increased body awareness, greater freedom of movement, mental clarity, and the ability to relax are all benefits of yoga. In this class, we will build a balance of strength and flexibility. We will explore physical postures and stretching, breathing exercises, and an introduction to meditation. Bring a wool blanket or a large towel, as well as comfortable clothes you can move in. Expect to get your heart rate up!

Instructor: Karen Court

Location: Bathhouse Multipurpose Room

Session 1

#10377 Tue/Fri 7 – 8 a.m. 9/26 – 11/3

Session 2

#10378 Tue/Fri 7 – 8 a.m. 11/1 – 12/15

Abduction Prevention for Kids Workshop

\$35

This workshop will focus on self-defense techniques as well as the importance of children using noise to draw attention to possible abduction attempts. Parents are encouraged to attend so they can do follow-up coaching.

Ages 5 to 12

Sat, Oct 7

12:30 – 2:30 p.m.

Instructor: Hanshi Jim Curtis

Location: Center Multipurpose Room

Assault Resistance Workshop

\$35

This workshop for teens and adults includes basic self-defense techniques and strategy to deal with one or more attackers.

Ages 13 and up

Sat, Oct 7

10 a.m. – Noon

Instructor: Hanshi Jim Curtis

Location: Center Multipurpose Room



Teens

Teen Development Program

Need some time just to hang out? The City of Seattle's Pro Parks Levy provides funding for a variety of teen activities at the center. Weekly activities include ping-pong, music, pool, bowling, movies, and field trips, along with developmental programs that promote positive self-esteem.

Teen Advisory Council

Come and be heard. Help plan, develop, and implement programs, projects, and special events. This is a perfect opportunity to gain service learning hours and build skills for your college résumé. The council meets the second and fourth Wednesdays of the month.



Alki Bathhouse Art Program

The Bathhouse Art Program provides both classes for students and open studio time for artists. Fall classes begin September 18. Call 684 7430 for registration information or visit the bathhouse.

The bathhouse is open Monday, Wednesday, and Thursday, 10 a.m. – 2 p.m. and 3:30 – 9 p.m.; Tuesday, 6 – 9 p.m.; Wednesday and Saturday, 10 a.m. – 3 p.m.

Drawing & Painting

Dancing with Color

\$75



Discover your own style and presence on canvas. Uncover the mysteries of color, glaze, and gelts. "Impasto," "Sprezzatura," and "Chiaroscuro" will become part of your vocabulary. Texture, shadows, and reflections will appear like magic!

Ages 18 and older

Instructor: Colleen Doherty

Location: Bathhouse Painting Room

#10279 Thursdays 10 a.m. – Noon 10/5 – 11/23

#10278 Saturdays 10 a.m. – Noon 9/23 – 11/11



Artistic Credit: © 2004 Colleen Doherty. All Rights Reserved.

Marine Painting At Alki

\$150

Where better to learn to paint water than at the beach! Use acrylic, gouache, or watercolor to paint large and small bodies of water and their accessories. Reflection, transparency, historical treatments, demonstrations and time to work on your own paintings will be part of this two-day workshop.

Ages 18 and older

Instructor: Diana Fairbanks

Location: Bathhouse Multipurpose Room

#10297 Saturdays 1 – 4 p.m. 10/7 - 10/14

Encaustic Painting

\$90

Wax eloquent with this exploration of an ancient painting technique. Technical information and practice will take you from Faqum to Faux with emphasis on your personal imagery and approaches.

Ages 18 and older

Instructor: Diana Fairbanks

Location: Bathhouse Multipurpose Room

#10282 Mondays 6:30 – 8:30 p.m. 10/2 – 11/6

Alki Bathhouse Art Program: Drawing & Painting

Paint Your Heart Out

\$95

Explore your creative process through tempera and acrylic with the focus on loosening up, getting rid of stress, and learning to recognize personally meaningful symbols. This is enlightening and fun.

Ages 16 and older

Instructor: Jennifer Jennings

Location: Bathhouse Painting Room

#10315 Thursdays 6:30 – 9 p.m. 10/5 – 11/2

Aquarelle Pencil Drawing

\$100

Discover the delights of water-soluble, colored aquarelle pencils in this dynamic drawing and painting class. The class covers basic drawing concepts including angles, proportions, negative space, light and shadow, and an introduction to simple color theory.

Ages 18 and older

Instructor: Sue Gill Rose

Location: Bathhouse Multi-Purpose Room

#9495 Tuesdays 10 a.m. – 1 p.m. 10/3 – 10/24

Basic Beginning Drawing

\$100

This class offers beginning students experience with a variety of drawing mediums while developing visual skills essential to sound drawing practice. Factors of spatial representation, texture, composition, and expression will be addressed. Composition is the key.

Ages 18 and older

Instructor: Sue Gill Rose

Location: Bathhouse Multi-Purpose Room

#9498 Tuesdays 1 – 4 p.m. 10/3 – 10/24

Drawing for Adults

\$75

This class will teach you the principles of light and shadow, color, perspective, and human figure proportions. Learning these basics will make you into a competent drawing artist.

Ages 18 and older

Instructor: Greg Hatcher

Location: Bathhouse Painting Room

#10281 Mondays 7 – 8:30 p.m. 9/25 – 12/4



Beginning Portrait Drawing

\$100

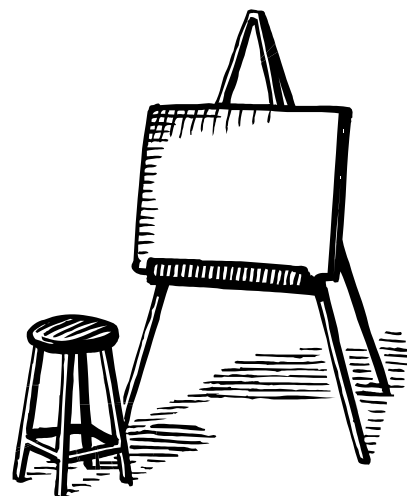
An introduction to basic angles, proportions, negative space, and light and shadow is integrated into our explorations as we study a variety of heads from pictures, each other, and live models. Learn ways of simplifying what you see.

Ages 18 and older

Instructor: Sue Gill Rose

Location: Bathhouse Multi-Purpose Room

#9697 Wednesdays 1 – 4 p.m. 10/4 – 10/25



Alki Bathhouse Art Program: Kids' Art



Art History \$80

Each day students will learn about a famous artist and one of their significant discoveries, and then use acrylic paints each day to make a painting in that artist's style. The artists to be studied are Neanderthals in Lascaux, Sofonisba Anguissola, Vincent van Gogh, Pablo Picasso and Chuck Close. Students will use animals, landscape, still life and figure sources.

Ages 7 to 11

Instructor: Diana Fairbanks

Location: Bathhouse Painting Room

#9496 Mon – Fri 3:45 – 5:45 p.m. 9/18 – 9/22

Mixed Media & Recycled Materials \$80

Youth will be introduced or rediscover sculpting with papier mâché and tape as well as other media, such as painting with fingers, rags, and more. The end product goal: some great art, strengthened self-confidence, and expanded understanding of their capabilities.

Ages 9 to 12

Instructor: Talese Heckler

Location: Bathhouse Painting Room

#10312 Wednesdays 6:30 – 8 p.m. 10/4 – 11/22

Beginning Drawing for Youth \$60

Lots of kids want to draw but feel intimidated by what they feel is a lack of talent. There are tools and tricks of the trade that can make anyone a better artist: learning how to use light and shadow, how to break an object into its component shapes, how to use perspective and color to create a feeling of three-dimensionality. We'll show you these and more. You may not leave this class a great artist, but you'll be a much better one.

Ages 10 to 14

Instructor: Greg Hatcher

Location: Bathhouse Painting Room

#9695 Tuesdays 6 – 7 p.m. 9/26 – 11/28

Introduction To Art and Drawing \$30

Explore different types of media: paints, crayons, pastels, and chalk in this one day class. Learn the primary and secondary colors. Make two pictures that show different uses of line. Use shapes to make a picture. Find out about perspective.

Age: 10 to 12

Instructor: Bridget Nowlin

Location: Bathhouse Multipurpose Room

#10288 Fri, Oct 20 4:15 – 7:15 p.m.

Dioramas & Magic Shadow Boxes \$45

This class combines story telling and art. Children will create their own narrative in three dimensions using drawings, words, and recycled materials. A great class for youth who are home-schooled.

Ages 8 to 12

Instructor: Lily Hotchkiss

Location: Bathhouse Multipurpose Room

#10281 Fridays Noon – 1 p.m. 10/6 – 10/27

Cartooning for Youth \$60

Cartooning is about combining words and pictures to tell a story. If you have some imagination, you have all the qualifications you need! Storytelling is what we do in this class, with students learning the "language" of comics. They will learn how to lay out a page and create characters with simple lines and shapes. This is your chance to put your daydreams on the printed page! The class final project will be an actual comic book.

Ages 8 to 12

Instructor: Greg Hatcher

Location: Bathhouse Painting Room

#9707 Tuesdays 5 - 6 p.m. 9/26 – 11/28



Alki Bathhouse Art Program: Kids' Art



One-Day Workshops

Urban Art for Youth Workshop \$15

Inspired by urban artists of New York and L.A. This workshop teaches youth how to sketch and illustrate in urban style lettering and incorporate cool images. Students will draw ideas in sketch-books, and then transfer, paint, and color up one of their concepts..

Ages 9 to 12

Instructor: Talese Heckler

Location: Bathhouse Painting Room

#10374 Sat, Sep 30 10 a.m. – 12:30 p.m.

Polaroid Image Transfers \$40

Learn how to transfer photos to watercolor paper! In this one day class we will use provided slides and transfer them to watercolor paper using polaroid film and a day lab printer. Feel free to bring your own slides and we will see if they work for an image transfer.

Ages 11 – 13

Instructor: Bridget Nowlin

Location: Bathhouse Multipurpose Room

#10324 Fri, Oct 6 4:30 – 6 p.m.

Fashion for Youth Workshop \$15

If you are interested in learning about how fashion designers get their start in the fashion industry this workshop is for you. Students will learn about the industry and begin working on their own sketches and designs. This class is for youth who love fashion and would like to further their interests with a realistic view and a chance to create their own fashion concepts.

Ages 10 to 14

Instructor: Talese Heckler

Location: Bathhouse Painting Room

#10283 Sat, Nov 4 10 a.m. – 12:30 p.m.

Kids' Pottery

Kids Pottery Beginning \$70

Youth will be introduced to clay basics. Working with handbuilding techniques, they will learn how to build pinch pots, coiled forms, cups, animals, and more. Students will experiment with textures, shapes, and colors.

Ages 5 to 10

Instructor: Aaron Murray

Location: Bathhouse Pottery Room

#10290 Mondays 4 – 5 p.m. 10/2 – 10/30

#10291 Mondays 4 – 5 p.m. 11/6 – 12/4

Kids Pottery Continuing \$70

Youth will be introduced to clay basics. Working with handbuilding techniques, they will learn how to build pinch pots, coiled forms, cups, animals, and more. Students will experiment with textures, shapes, and colors, and be introduced to the wheel. Prerequisite: Previous Class Experience

Ages 7 to 11

Instructor: Aaron Murray

Location: Bathhouse Pottery Room

#10292 Tuesdays 4 – 5 p.m. 10/3 – 10/31

#10294 Tuesdays 4 – 5 p.m. 11/7 – 12/5

Kids Pottery for the Homeschooled \$95

A class developed just for children who are home schooled. Children will be introduced to clay basics. Working with handbuilding techniques, they will learn how to build pinch pots, coiled forms, cups, animals, and more.

Ages 5 to 10

Instructor: TBA

Location: Bathhouse Pottery Room

#10289 Tuesdays 2:30 – 3:30 p.m. 10/3 – 12/5



Alki Bathhouse Art Program: Pottery

Beginning Handbuilding \$165

This class will introduce the basics of handbuilding. Students will learn simple techniques and experiment with slips, glazes and other surface decoration techniques. Exploration and discussion of the sculptural form and the function of the object will be covered. Open Studio time included.

Ages 18 and older

Instructor: Aaron Murray

Location: Bathhouse Pottery Room

#9696 Mondays 6 - 9 p.m. 10/2 - 12/4

Beginning Wheel Throwing \$130

Students learn how to throw on the wheel in a relaxed and supportive environment. Students who have limited experience on the wheel but want to work on specific challenges are welcome.

Ages 18 and older

Instructor: Jana Layman

Location: Bathhouse Pottery Room

#9698 Wednesdays 6:30 - 8:30 p.m. 10/4 - 11/1

#9699 Wednesdays 6:30 - 8:30 p.m. 11/8 - 12/6



Intermediate Wheel Throwing \$130

Do you have experience working with clay on the wheel? Come and perfect your centering and throwing techniques. Expand your horizons using different tools and methods to achieve your own look. Learn how to find a style that suits your taste and how to express it consistently in each piece. You will be proud of your work.

Ages 18 and older

Instructor: Jana Layman

Location: Bathhouse Pottery Room

#10286 Thursdays 6:30 - 8:30 p.m. 10/5 - 11/2

#10287 Thursdays 6:30 - 8:30 p.m. 11/9 - 12/7

Advanced Wheel Throwing \$130

Do you have experience working with clay on the wheel? Then this class is for you. For those wanting to take the next step.

Ages 18 and older

Instructor: Jana Layman

Location: Bathhouse Pottery Room

#9407 Thursdays 4 - 6 p.m. 10/5 - 11/2

#9408 Thursdays 4 - 6 p.m. 11/7 - 12/7

Independent Clay Projects \$165

These class hours are intended for students seeking to explore their own creative ideas in clay. Assistance is always available for troubleshooting issues as well as for aesthetic decisions and independent projects. Prerequisite: Previous experience.

Age 18 and older

Instructor: Aaron Murray

#10285 Tuesdays 6 - 9 p.m. 10/3 - 12/5

Location: Bathhouse Pottery Room



Alki Bathhouse Art Program: Bright Art Start

Bright Art Start

with Instructor Talese Heckler



Mixed Media

\$70

Encourage creativity early by signing your child up for this class. Little artists will learn about painting, textures, color, and expression as well as developing motor and social skills. Dress to mess. Parents are invited to attend the first session.

Ages 4 to 6

Location: Bathhouse Painting Room

#9700 Fri 1:30 – 2:30 p.m. 10/6 – 11/3

#9701 Fri 1:30 – 2:30 p.m. 11/17 – 12/15

Fashion For Youth

\$80

Did you ever think about being a fashion designer when you grow up? Come learn about the fashion industry through the basics of fashion design and illustration. Each week students will work on their own sketches, color story, and textile notebook, and then finish with their own fashion collection.

Ages 9 to 12

Location: Bathhouse Multipurpose Room

#9702 Thu 4:30 – 5:30 p.m. 9/28 – 11/16



Alki Bathhouse Art Program

Meet Our Artist Instructors

Sarah Browning, Bathhouse Art Specialist. Sarah works with acrylic paints out of her studio in Luna Park. A West Seattle transplant, she is originally from northern New Mexico. She received a B.A. in Visual Arts from the University of California at Santa Cruz.

Talese Heckler, Bathhouse Art Specialist, Parent/Tot, Bright Art, Youth Workshops. Talese has a degree in fashion design from The Fashion Institute of Design and Merchandising in Los Angeles, CA. She has worked as a professional fashion designer, artists and art teacher.

Colleen Doherty, Dancing With Color. Colleen is a local self-taught artist who has been painting for eight years. She has displayed her work around the state.

Diana Fairbanks, Encaustic Painting. Diana received her B.F.A. from Ft Wright College and a graduate degree in Education Technology from the University of Washington. She has taught a variety of media at the University of Washington, Western Washington State, and Bellevue Art Museum.

Sue Gill Rose, Aquarelle and Portrait Drawing. Sue has a B.F.A. from Southern Methodist University. She has studied under renowned watercolor artist Douglas Walton at Louisiana State University and shows her works all over the state. She also teaches at Edmunds Community College and Art Works in Edmonds, WA.

Greg Hatcher, Drawing and Cartooning. Greg has taught classes for youth and adults for ten years. He has won the EPA Award for Outstanding Children's Writing three times and works as a part-time freelance illustrator.

Jennifer Jennings, Paint Your Heart Out. Jennifer has taken classes in art at the University of California, Ft. Mason Art Center, and Seattle Academy of Fine Art. She has taught privately for 30 years.

Jana Layman, Wheel Throwing. Jana graduated from Northwest College of Art with a B.F.A. in Visual Communications and Fine Art and Design. She is a local resident whose love affair with clay began in high school.

Aaron Murray, Handbuilding, Ceramics, Kids Pottery. Aaron is a self-taught potter who has taken graduate level pottery classes and operates his own production studio.

Bridget Nowlin, Polaroid Image Transfer. Bridget has an M.A. from the University of Washington in Museology with an art education focus. She is presently the Curator of Visual Resources at the Cornish

Lily Hotchkiss, Things That Move. Lily is a local artist and designer who has also taught preschool in West Seattle. She is a graduate of the California School of Art and Design.



Jana Albin - Oil Pastel 2004

Oil Pastel. Jana Albin. © 2004 Jana Albin. All Rights Reserved.

Alki Bathhouse Art Program

Open Studio

Open Pottery Studio \$85/qtr

The pottery room is open to both studio and student potters. Open studio hours are Monday, Wednesday, Thursday, and Saturday from 10:00 a.m. to 2:00 p.m. The fee for studio potters is \$85 per quarter. Students may participate free of charge. Open studio is a drop-in program, and hours are not guaranteed. #10314

Ages 18 and older

Open Painting Studio \$49/qtr

The multipurpose room and painting room are open to both studio and student painters. Open studio hours are Monday, Wednesday, Thursday, and Saturday from 10:00 a.m. to 2:00 p.m. The fee for studio painters \$49 for a quarterly pass. Painting class students may participate in open studio free of charge. Open studio is a drop-in program, and hours are not guaranteed as occasionally they are used for other activities. #10313

Ages 18 and older



Fall Art Show

Studio and guest artists are invited to display their paintings at the bathhouse. Visit art specialists Talese Heckler and Sarah Browning at the Bathhouse for further information on how to participate.

Winter Art Classes

Class proposals are now being accepted for the winter art program. A class proposal form can be requested by phone at 206-684-7430, or e-mail john.hermann@seattle.gov.

Artists' Openings

Alki Bathhouse is hosting an artists' openings for its artists. This is a wonderful opportunity for local residents to enjoy an evening on the beach viewing the lights of Elliot Bay, have dinner at a fine restaurant, and enjoy the fine arts. Artists will be available to talk about their own work and to discuss art. Information about the bathhouse art program will be available.

Call the center for fall opening dates and times.



Forgiveness. Sarah Browning. © 2004 Sarah Browning. All Rights Reserved.

Senior Adult Programs

Southwest Registration Information

Classes/Special Events

Mary Dalzell, Recreation Specialist
206-935-2162

E-mail: mary.dalzell@seattle.gov

Spring Quarter Dates: Oct 2 – Dec 15

No classes: 11/10, 11/23, 11/24

Class Registrations: Begin Sept. 18 at 9 a.m. by calling 206-935-2162

All Class Payments: Please make checks payable to: **Senior Adult Advisory Council (SAAC)**. Mail payments to: Senior Adult Programs, Attn: Mary – SW, 8061 Densmore Ave N, Seattle, WA 98103-4436.



Fitness \$20 – 1 day/wk

An entire body work out. Use of dyna bands, weights, floor work. Improve balance, flexibility, and agility. Bring weights to class.

Location: Social Room

#10951 Mondays 10 – 11 a.m. Alki CC

#10953 Wednesdays 10 – 11 a.m. Alki CC

Pilates \$35

Exercise to improve focus, reduce stress, improve posture, correct muscle imbalance, and strengthen core muscles.

Location: Social Room

#10957 Thu 10:45 – 11:45 a.m. 10/12 – 12/7

Water Exercise \$3 drop-in

This shallow end program provides a therapeutic exercise time for senior adults. Participants can expect increased strength and flexibility while improving their cardiovascular system. No swimming ability required. Call 206-684-7440 for more information.

Tue/Thu 1:30 – 2:15 p.m. Southwest Pool

Tai Chi \$8

Ages 50 and older

Slow movements that emphasize balance, grace, body strengthening, and deep breathing.

Location: Social Room

#10960 Mondays 11:15 a.m. – Noon 10/9 – 11/27

Sound Steps Mall Walking Free

Indoor walking at Southcenter Mall with time for shopping afterward. Transportation is provided. Pick up at two West Seattle sites. Reserve your spot by the Wednesday before by calling 684-4664.

Fridays 8:30 – 11:15 a.m. Southcenter Mall

Book Clubs

Alki Book Club Free

Meets the first Wednesday of each month at the Alki Community Center beginning at 11:15 a.m. At noon there is a book exchange for anyone who would like to share books.

Instructor: Mary Dalzell

First Wednesdays 11:15 a.m. – 12:15 p.m.

Need More Info?

For more information about Senior Adult programs and events citywide, call 206-684-4951 and order a copy of our Summer 2006 Brochure!

Please register for Senior Adult Programs by calling Mary Dalzell at 206-935-2162.

Senior Adult Programs

Arts and Crafts

Handmade Tiles And Beyond \$65

Here is your chance to experiment with several techniques for making unique hand-made tiles, and learn the essential secrets for avoiding warped and cracked tiles. Explore other fun ways to create with small slabs to make dishes, vases, napkin rings, toothpick cups, etc. without wheelthrowing, pinch-pot or coil methods. Explore surface textures created by impressing nature-theme rubber stamps, texture sheets, live and artificial leaves. Try out sgraffito, press-molding tiny sprigs, and carving with wire loop tools. Suitable for novices as well as experienced clay artists. Supplies included in fee.

Instructor: Jaki Reed

#10955 Mon 9:30 – 11 a.m. 10/30 – 12/4

Location: Alki Bathhouse

Pumpkin Carving Free

When was the last time you even thought of carving a pumpkin? I've got the tools and stencils, you bring the pumpkin. Impress your love one's with your amazing ability and have the best looking pumpkin on the block!

Wed, Oct 25 11:15 a.m. – Noon



Workshops & Speakers

Allergies; Suffer No More Free

Learn how allergies occur, how to reduce allergic reactions, and even become allergy free! Candace McNaughton, ND specializes in allergies, diabetes, weight loss, and detoxification. Please register by Oct. 11.

Mon, Oct 16 10:45 a.m. – Noon

Improve Your Balance Free

We all can use a few more tips on how to maintain our balance. The Pacific Balance Institute will provide practical, informative insights on this topic. Please register by Nov. 6.

Instructor: Chris Morrow

Wed, Nov 15 11:15 a.m. – 12:15 p.m.

One Woman's Pilgrimage Free

Mary Ellen Kanyer was one of many pilgrims to visit Medjugorje, a village in Bosnia Herzegovina (formerly Yugoslavia). She will be glad to share her serious and comical impacting experiences where six children began reporting alleged apparitions of the blessed Mother in 1981. Great trip for enhancing faith if you can tolerate 115 degree weather and steep climbing.

Wed, Nov 29 11:15 a.m. – 12:15 p.m.

Special Events

Veteran's Day Remembered Free

In celebration of Veteran's Day bring a vet to coffee. Share your pictures and stories of these times in history.

Wed, Nov 8 11:15 a.m. – 12:30 p.m.

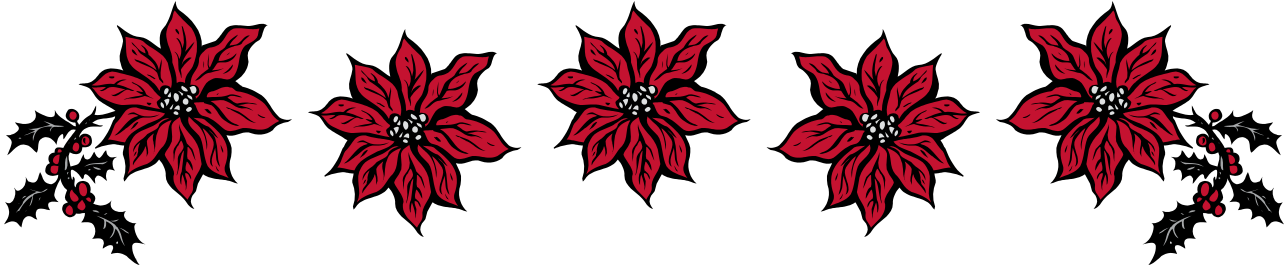
Holiday Potluck Free

Our annual end of the year gathering with friends and lots of laughs. Bring your favorite potluck dish and if you want to participate in the gift exchange, a wrapped white elephant gift.

Wed, Dec 13 11:15 a.m. – 1 p.m.

Please register for Senior Adult Programs by calling Mary Dalzell at 206-935-2162.

Senior Adult Programs: Field Trips



Southwest Trip Registration Information

Make checks payable to: SAAC.

Mail checks to: Senior Adult Programs, Attn: Mary – SW, 8061 Densmore Ave N, Seattle, WA 98103-4436.

Payment must be received 5 working days prior to departure.

Note: Trip times/costs/destinations are subject to change. **On all trips, lunch is on your own.**

Pick-up Sites:

High Point CC 6920 34th Ave SW
Hiawatha CC South parking lot of Safeway on California Ave SW

Japanese Garden \$5

First lunch and then to the beautiful Japanese Garden and a walk through the Arboretum. Free Admission.

Mon, Oct 2 Noon – 4 p.m. Reg. 9/15

Hunter's Breakfast \$10

Our 4th annual visit to the Swauk-Teaaway Grange fund raiser. Stops at CleElum Railroad project and Roslyn.

Sat, Oct 14 9 a.m. – 5 p.m. Reg. 10/4

Europe \$7

No, we are not going to Europe, just Everett for Rick Steves's *Europe through the Back Door* travel information. Beautiful photography and a knowledgeable lecturer. Free admission.

Sat, Oct 21 8:45 a.m. – 2:30 p.m. Reg. 10/6

Holiday Food & Gift Show \$7

The Big Big pre holiday gift show at the Tacoma Dome. Gifts, music, food samples, and more. Admission on your own.

Thu, Oct 26 9:30 a.m. – 3:30 p.m. Reg. 10/11

LaConner Arts Alive \$10

Downtown LaConner festival and invitational art show with more than 75 musicians, artists, and performers. Time to look around town.

Sat, Nov 4 9 a.m. – 4:30 p.m. Reg. 10/13

Redmond British Pantry \$7

Tea time at this British style bakery, grocery, gift shop, and full service restaurant. Later time in Redmond.

Thu, Nov 9 10:30 a.m. – 4 p.m. Reg. 10/25

KIXI Radio & Factory Mall \$7

"Great songs, Great memories". Morning tour at KIXI radio station for a behind scenes look. Then to mall for after Thanksgiving shopping.

Thu, Nov 30 10 a.m. – 3 p.m. Reg. 11/15

Governor's Mansion Holiday Style \$9

Tour the Gregoires' house decorated for the holidays. Take in the classic beauty and learn about the history and architecture.

Photo ID required.

Wed, Dec 6 9:30 a.m. – 3:30 p.m. Reg. 11/17

Holiday Home Tour \$9

Sedro-Wolley Museum will host this annual evening event of elegant homes along with beautiful antiques. \$5 admission fee on your own.

Sat, Dec 9 3 – 9 p.m. Reg. 11/22

Registration begins at 8:30 a.m. on date listed by calling Mary at 206-935-2162.

Classes and Events at Other Centers

Hiawatha Community Center

Hiawatha Community Center is located at 2700 California Ave SW, Seattle, WA 98116. For more information about programs at Hiawatha, please call 206.684.7441.

Yoga — Mixed Level

\$100

You are invited to join us for 1¼ hour of mixed-level yoga every Wednesday evening. This class combines alignment-based practice with Hatha flow and is designed for both the beginning student (3 months practice) and those with more experience. Each class will include strengthening and stretching and will focus on the breath and understanding the asana (pose) as a means of achieving connection to the mind and body.



Ages 18 and older

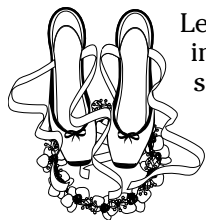
Instructor: Roz Boyd

Location: Hiawatha Auditorium

#11406 Wednesdays 6:30 – 7:45 p.m. 9/20 – 11/22

Creative Movement and Pre-Ballet

\$100



Learn basic movements of ballet using story telling and drama. Ballet skirt or tu-tu required.

Ages 3 to 5

Instructor: Jennifer Hansen

Location: Hiawatha CC Auditorium

#11386 Mondays 10:45 – 11:30 a.m. 9/18 – 11/20

#11385 Thursdays 4 – 4:45 p.m. 9/21 – 11/23

Middle Eastern Dance

\$48

Wanna dance like Shakira? You can learn the basics of Belly Dance in this class. Included are basic postures, movements, veil, finger cymbals and shimmies! Have a good time doing something good for yourself. Class can include opportunities to join/perform with student troupe 'Ladies Do Bellydance' Ages 15 and older



Instructor: Sian Lane

Location: Hiawatha CC Kid's Room

Beginners

#10650 Thursdays 6:30 – 7:30 p.m. 9/28 – 12/14

Intermediate

#10652 Thursdays 7:30 – 8:30 p.m. 9/28 – 12/14

Adult and Teen

Hip Hop and Jazz

\$100

Come learn the latest moves in this fun and innovative environment. This is a great workout! Never done hip hop before? Worried that the rest of the class will slow you down? No problem! Your instructor, Jennifer Hansen, will tailor the class to each participant.

Ages 14 to 60

Instructor: Jennifer Hansen

Location: Hiawatha CC Auditorium

#11387 Thursdays 6 – 7 p.m. 9/21 – 11/23

The Pro Parks Levy is Making a Difference in Your Community

With funding approved for this eight-year levy by Seattle voters in 2000, we're building new parks, enhancing maintenance, and expanding programs throughout the city. Our recreation facilities are providing innovative teen programs that enhance self-esteem and build life skills, more environmental education to increase awareness about the wonders that surround us, swimming lessons for all 3rd and 4th graders to make sure every Seattle child knows how to swim, a wider range of activities for seniors, and more.

We're cleaning and removing litter from our facilities and parks more often; expanding park maintenance in the summer months, when use is high; and working hard to maintain our valuable landscapes, trees, and other natural assets. Whether you prefer sports or quiet contemplation, there are more active play areas and passive park lands available for you. New things are happening every day, so keep an eye out for Pro Parks Levy signs in your neighborhood!



Pro Parks Levy

Classes and Events at Other Centers

Southwest Community Center

Southwest Community Center is located at 2801 SW Thistle St, Seattle, WA 98126.

For more information about programs at Southwest, please call 206.684.7438.

Karate

\$80/session

Ages 8 and older



Build self-esteem, self-control, and self-defense techniques while you make new friends. Learn basic concepts and forms of Japanese Butokukan Karate. You will also be introduced to concepts from Kenpo, Kung-Fu, and Aikido.

Location: Southwest CC Meeting Room

Session I

#10973 Tue/Thu 6:30 – 8:30 p.m. 9/26 – 11/9

Session II

#10974 Tue/Thu 6:30 – 8:30 p.m. 11/14 – 12/28

Latin Dance

\$50/session

Ages 16 and older

Passionate, energetic and delightfully flirtatious, Latin dancing is one of the most popular forms of dance in the world. We'll learn basic Merengue, Cumbia & Salsa moves and styling as we dance to a variety of spicy Latin music. No-pre-requisite; no partner necessary; singles and couples welcome.



Location: Southwest CC Meeting Room

Session I

#10975 Wednesdays 7:45 – 8:45 p.m. 9/20 – 10/25

Session II

#10976 Wednesdays 7:45 – 8:45 p.m. 11/8 – 12/13

High Point Community Center

High Point Community Center is located at 6920 34th Ave SW, Seattle, WA 98126.

For more information about programs at High Point, please call 206.684.7422.

Dance - Adults

For the student who enjoys music and movement. Structured framework moves your soul as it has never been moved before. A good way to stay fit. A fun course for all levels.

Ages 17 and older

Location: Teen Room

Thursdays 7:15 – 8:15 p.m.

#10807 Session 1 9/28 – 11/2 \$49

#10808 Session 2 11/9 – 12/21 \$42

No Class 11/23/06

Yoga

For beginners through intermediate; designed to develop increased strength, flexibility, and more.

Ages 18 and older

Instructor: Bethany O'Brien

Location: Multi Purpose Room

Tuesdays 6:30 – 7:45 p.m.

#10691 Session 1 9/19 – 10/31 \$49

#10692 Session 2 11/14 – 12/19 \$42

Pilates

Designed to improve kinesthetic awareness, increase mental focus, and reduce stress. Bring a mat; almost all work is done on the floor.

Ages 18 and older

Instructor: Bethany O'Brien

Location: Multi Purpose Room

Thursdays 7 – 8 p.m.

#10685 Session 1 9/21 – 11/2 \$49

#10686 Session 2 11/16 – 12/28 \$35

New NIA

\$40/session

Neuromuscular Integrative Action (NIA) is a combination of modern dance, yoga, Tai Chi, Tae Kwon Do, Aikido, jazz, and ethnic dance that leaves all of you wanting to come back for more.

Ages 18 and older

Location: Multi Purpose Room

Mondays 6 – 7 p.m.

#10683 Session 1 9/18 – 10/30

#10684 Session 2 11/13 – 12/18

Southwest Pool Daily Schedule Fall 2006: 9/5 – 12/31

Mondays & Wednesdays

6:00 – 7:30* a.m.	Early Morning Lap Swim
Noon – 1:30 p.m.	Adult & Senior Swim
2:00 – 2:30 p.m.	Homschool Lessons (Monday only)
3:00 – 4:00***	Lap Swim
4:00 – 5:30	Swim Lessons
5:30 – 6:30	Lap Swim
5:30 – 6:30	Masters Workout
6:30 – 7:15	Diving Lessons
6:30 – 7:00	Swim Lessons
7:00 – 7:30	Adult & 3 Yr Old Lessons
7:30 – 8:15	Hydro-Fit
7:30 – 8:30	Shallow-end Public Swim

Tuesdays & Thursdays

Noon – 1:30 PM	Adult & Senior Swim
1:30 – 2:15	Sr. Adult Water Exercise
4:15 – 5:00	Competitive Stroke
4:30 – 5:00	3 Years Old Lessons
5:00 – 6:00**	Lap Swim
6:00 – 6:30	Swim Lessons
6:30 – 7:00	Swim Lessons
7:00 – 7:30	Swim Lessons
7:30 – 8:30	Public Swim
8:30 – 9:15	Hydro-Fit
8:30 – 9:15	Adult Water Aerobics

Fridays

6:00 – 7:30* AM	Early Morning Lap Swim
Noon – 1:30 PM	Adult & Senior Swim
1:30 – 2:30	Family/Lap Swim
3:00 – 4:00***	Lap Swim
4:30 – 5:30**	Public Swim
5:30 – 7:00	Lap Swim
6:00 – 7:00	Masters Workout
7:00 – 8:00	Family Swim
8:00 – 10:00	Rentals (Call to Schedule)

Saturdays

9:30 – 10:30 AM	Lap Swim
9:30 – 10:30	Youth Fitness Workout
10:30 – Noon	Swim Lessons
Noon – 1:00 PM	Lap Swim
Noon – 1:00	Triathlete Training
1:00 – 2:00	Public Swim
2:00 – 10:00	Rentals (Call to Schedule)

Sundays

11:00 – 12:30 PM	Adult & Senior Swim
12:30 – 2:00	Swim Lessons
2:00 – 3:00	Family Swim
3:00 – 4:00	Special Pops Lessons
4:00 – 5:00	Public Swim
5:00 – 6:00	Lap Swim
6:00 – 10:00	Rentals (Call to Schedule)

* Admission to EMLS by swim ticket only.

** Programs cancelled due to swim meet: 9/12, 10/10, 12/1, 12/5, & 12/15

*** Lap Swim cancelled starting Nov 13 through mid-February for high school swim team practice.

Pool Closed

Sep 4	Labor Day
Sep 25 – Oct 8	Maintenance Closure
Nov 10	Veterans' Day
Nov 23 & Nov 24	Thanksgiving
Dec 25	Christmas Day
Jan 1	New Year's Day

Fall swim lesson registration starts August 14.

For more Info, visit our website at
www.seattle.gov/parks/aquatics/swpool.htm

Register online at
<http://egov1.seattle.gov/parks>

Facility Fees & Charges

Youth (1 – 17)	\$2.75
Adult (18 – 64)	\$3.75
Senior Adult (65+)	\$2.75
Special Populations	\$2.75
Masters Workout	\$4.75
Water Aerobics	\$4.75
Hydro-Fit/Aqua Jog	\$4.75
Sr. Adult Water Aerobics	\$3.00
Non-Recreation Spa, Weights, Sauna Use	\$3.75
Spa (in addition to swim)	50¢
Recreation Pass (Save \$2)	\$20.00
Fitness Pass (Save \$3)	\$30.00
F.A.S.T. Pass Adult (Unlimited 1 month)	\$45.00
F.A.S.T. Pass Youth/Senior	\$35.00
Water Equipment Rental	\$1.50
Showers	\$3.75

Southwest Pool Recreational & Fitness Programs

Adult/Senior Adult Swim

A recreational swim period for adults 18 years and over. Fast, medium, and easy lanes available for fitness swimming.

Monday – Friday **Noon – 1:30 p.m.**
Sunday **11 a.m. – 12:30 p.m.**

Lap Swim

This program is designed for the serious swimmer as well as those who want to work on conditioning. We have lanes set aside that designate different swimming ability levels.

M/W/F* **6:00 – 7:30 a.m.**
M/W/F** **3:00 – 4:00 p.m.**
M/W **5:30 – 6:30 p.m.**
T/TH **5:00 – 6:00 p.m.**
Friday **1:30 – 2:30 p.m.**
Friday **5:30 – 7:00 p.m.**
Saturday **9:30 – 10:30 a.m.**
Saturday **Noon – 1:00 p.m.**
Sunday **5:00 – 6:00 p.m.**

*Admission to EMLS by swim ticket only.

**Program ends 11/13 due to high school swim team practice. Resumes mid-February 2007.

Public Swim

This is a recreational time for all ages. You may bring your clean masks, fins, snorkels, and life preservers to use.

Monday – Thursday **7:30 – 8:30 p.m.**
(Mon. & Wed. eves are shallow end only.)
Friday **4:30 – 5:30 p.m.**
Saturday **1:00 – 2:00 p.m.**
Sunday **4:00 – 5:00 p.m.**

Family Float Swim

The family float swim is a recreational time for the family. A parent/guardian must accompany youth under 18 yrs. in the water.

Friday **1:30 – 2:30 p.m.**
Friday **7:00 – 8:00 p.m.**
Sunday **2:00 – 3:00 p.m.**

Adult Water Aerobics

This 45-minute program is designed to tone up muscles and stay fit. Emphasis on flexibility and range of motion. This class is taught in the shallow end. No swimming ability required.

Tuesday & Thursday **8:30 – 9:15 p.m.**
Class Fee: \$4.75 Adults/\$3.00 Seniors

Adult Hydro-Fit

Hydro-Fit is a 45-minute, deep-water, non-impact, adult exercise program. The use of specially-designed buoyancy and resistance apparatus provide a demanding workout for the whole body. Some deep water swimming ability required.

Monday & Wednesday **7:30 – 8:15 p.m.**
Tuesday & Thursday **8:30 – 9:15 p.m.**
Class Fee: \$4.75 Adults/\$3.00 Seniors

Senior Adult Water Exercise

This shallow-end program provides a therapeutic exercise time for senior adults. Participants can expect increased strength and flexibility while improving their cardiovascular systems. No swimming ability required.

Tuesday & Thursday **1:30 – 2:15 p.m.**
Class Fee: \$4.75 Adults/\$3.00 Seniors

Masters Workout

An experienced coach supervises an interval workout of 2500 yards or more. Different lanes for different abilities. Stroke work and helpful tips will be offered during this time.

Monday & Wednesday **5:30 – 6:30 p.m.**
Friday **6:00 – 7:00 p.m.**
Class Fee: \$4.75 Adults



For information on Southwest Pool programs or swimming lessons, please call (206) 684-7440. Southwest Pool is located at 2801 SW Thistle Street.



Fees and Charges

Our Advisory Council provides the programs and activities listed in this brochure under an agreement with Seattle Parks and Recreation. Fees collected by the Advisory Council are used to offset the cost of providing the programs. Program charges include user fees of 3.25% paid to Seattle Parks and Recreation to defray operating costs. Class and program fees include Washington state sales tax where applicable.

Suggestions

We welcome your ideas. If you want to suggest a new class, or if you have an idea you think would benefit us or our community in general, please let us know.

Interested in teaching?

We're always looking for top quality instructors to offer unique courses. We choose class offerings based on participants' interests and space availability. If you have a special talent, skill, or knowledge you would like to share with others in a class or workshop format, please talk to a member of our staff.

Anti-discrimination

As a matter of policy, law, and commitment, Seattle Parks and Recreation does not discriminate on the basis of race, color, sex, marital status, sexual orientation, political ideology, age, creed, religion, ancestry, national origin, or the presence of any sensory, mental or physical handicap.

Accommodation for people with disabilities

We will make reasonable accommodation, upon request, for people with disabilities. For sign language interpretation, auxiliary aids or other accommodation, please call 206-615-0140 or TDD 206-684-4950. Please allow 10 working days' advance notice. If a class or activity is scheduled in an area not accessible for wheelchairs, we will make every effort to help you find a similar program in an accessible location.

Alki Facility Rentals

Rent Alki Community Center and Alki Bathhouse for birthdays, weddings, meetings, dances, family reunions, seminars, craft shows, etc. Contact Alki Community Center staff at 206-684-7430 for cost and availability. If the center

or bathhouse do not suit your needs, visit the Seattle Parks and Recreation website at www.seattle.gov/parks/reservations/facrental-guide.htm; there are over 20 locations that can be rented throughout the Parks Department.

More information

For information about Parks and Recreation facilities, recreation programs, picnic shelters, and scheduling, please visit our web site at www.seattle.gov/parks, or call our Public Information line, 206-684-4075. For more information about programs for senior adults, please call 206-684-4951, and for information about programs for youth/adults with disabilities, please call 206-684-4950.

Waiting lists

We will create waiting lists for all filled classes. Please be sure to sign up if you are interested in a class that is full, because class openings often become available. If demand is high, we will try to form another class. Please contact us for space availability.

Class cancellations

To cover the cost of providing a program, we need a specific number of participants. If too few people sign up for a class, we must cancel it. We'll notify you (at the latest) one or two days before the class start date. When possible, we will postpone a cancelled class for a week to allow for more enrollments; if the class minimum is not met by then, we will have to cancel it.

Confirmations

Sorry, we cannot confirm class registration by mail or phone, but we will notify you by phone if your class is postponed or cancelled.



SEATTLE PARKS AND RECREATION PROGRAM REGISTRATION FORM

in partnership with the Associated Recreation Council

This form is for NON-Day Camp programs only. Ask recreation staff for day camp registration forms as needed.



**SEATTLE PARKS
AND RECREATION**

Registration Procedures:

1. Please complete registration form entirely.
2. Payment **MUST** accompany registration.

Family Information: (Please complete for the adult who is financially responsible for the family account.)

(ADULT) Name: _____
Last First MI

Sex: Male Female
(Circle One)

(ADULT) Birthdate: ____/____/____ Email Address: _____
mm/dd/yyyy

Street Address: _____ City: _____ State: _____ ZIP: _____

Phone - eve: (____) _____ day: (____) _____ other: (____) _____

Family Emergency Contact: _____ (____) _____
Name Phone Relation

☐ PARTICIPANT info differs from above. How does it differ? _____

PARTICIPANT (please print full name)	M/F	BIRTHDATE (mm/dd/yyyy)	COURSE TITLE (Non-Day Camp Activities ONLY)	1 ST CHOICE		ALTERNATE		AMOUNT
				DATE(S)	START TIME	DATE(S)	START TIME	
								\$
								\$
								\$
								\$
*Acceptance of this request does not guarantee enrollment into a class (see back for more information).								\$
TOTAL								\$

How would you like to pay?

Person making payment _____
(required for proper refunding)

**PLEASE INCLUDE
PAYMENT**

☐ Cash (Please do not send cash through the mail.)

☐ Check or Money Order # _____

☐ Visa ☐ Mastercard ☐ American Express

Staff Use Only

Authorization (Ref#) _____

For
mail-
in
only

Card #: _____ Expires: _____

Name as it appears on card: _____

Signature: _____

ASSUMPTION OF RISK AND RELEASE: I hereby give my consent as a participant or for the above-named participant(s) to participate in the program(s) listed above being conducted or co-sponsored by Seattle Parks and Recreation and declare that I will not hold the City of Seattle, Seattle Parks and Recreation, Seattle Parks and Recreation's employees, Advisory Council, or any volunteer associated with the program, responsible for any injuries, damage or personal loss incurred while participating in said program(s).

Signed: _____ Date: _____

Please mail to: Alki Community Center
5817 SW Stevens Ave
Seattle, WA 98116

For Office Use Only:

Rent the Newly-Refurbished Alki Bathhouse!

Building Features

- ✦ Independent temperature control
- ✦ 1500 sq. ft. main room with high ceilings
- ✦ 450 sq. ft. painting studio

Site Features

- ✦ City and Sound views
- ✦ Restaurants across the street
- ✦ Walking, running, and skating

Equipment

- ✦ 13 tables (round and rectangular)
- ✦ 85 chairs
- ✦ Easels
- ✦ Table-top P.A.

Rental Rates and Options

Main Room	\$45/hour
Main Room & Painting Room	\$80/hour
Booking Fee	\$15
Damage Deposit	\$250
Staff Charges	\$17/hour

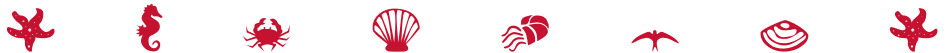
- ✦ Rental groups are responsible for set-up and take-down.
- ✦ Additional charges and requirements apply ; call 206-684-7430 for a complete quote.

Take advantage of the newly-remodeled **Alki Bathhouse's** spectacular waterfront location by hosting your next special event here.

Alki Bathhouse is a great place for company parties, private groups, social gatherings, weddings, and more. This waterfront location is on Puget Sound and only minutes from Downtown Seattle.



The Bathhouse, which is located on Alki Beach 25 feet from high tide water, can accommodate up to 100 people.



Alki Bathhouse

2701 Alki Ave SW ✦ 98116

(206) 684-7430 (Alki Community Center)

Alki Community Center
5817 SW Stevens St
Seattle, WA 98116-5810
206-684-7430

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